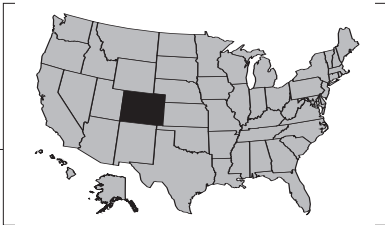


The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



Colorado

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	9.9
Age 10-11	21.9	16.5
Age 12-14	14.4	8.7
Age 15-17	10.7	7.2
0-99% Federal poverty level	22.4	18.6
100-199% Federal poverty level	19.0	14.8
200-399% Federal poverty level	13.7	10.2
400% Federal poverty level or more	9.1	5.5
Male	18.1	13.2
Female	11.5	6.6
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	70.4
Age 10-11	78.2	83.2
Age 12-14	74.2	68.7
Age 15-17	63.3	63.9
Male	76.8	73.3
Female	65.6	67.4
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	66.3
Age 10-11	61.5	69.4
Age 12-14	61.6	70.9
Age 15-17	53.4	58.6
Male	62.1	67.1
Female	55.0	65.4
Percent of children with at least one parent who exercises regularly	72.9	79.9